for HEALTH
active living & wellbeing.

Delivering creative, sporting and adventurous activities since 2007.
We help improve the physical and mental health and wellbeing of individuals and communities. We make health everyone’s business and work with organisations to engage, enrich and inspire people of all ages to make positive health choices.

Local Commissioners & Organisations

We offer a fantastic range of activities to help achieve public health goals, support people to stay well and reduce local health inequalities. We know that healthy lifestyles grow healthy people and build healthy places.

Our flexible activity programmes are designed to engage and inspire people to gradually increase their active participation in positive activities.

Communities & Individuals

We work with people of all ages, from the youngest to the oldest resident. People tell us that our activities are fun and help reduce isolation. Choose from our wide range of activities to stay healthy, keep active and enjoy yourself.

We provide opportunities for people to get involved as volunteers and coaches supporting healthy living in their communities. It improves personal skills and looks great on a CV. Full training is provided.

Fantastic choice for health

We offer a fully flexible programme of activities to choose from including:

- Emotional wellbeing sessions
- Family inclusive activity programmes
- Angling
- Archery
- Laser Clay Pigeon Shooting
- Golf
- Dance
- Zumba
- Yoga
- Disc Sports
- Survival Skills
- Adventurous Activities
- Environmental Activities
- Creative Media
- Orienteering
- Wildlife detective sessions
- and many more!

Contact us:

All activities are designed to meet your needs and existing health conditions and are supported with expert advice and guidance. We can work in your local community or at one of our own venues in North East Lincolnshire.

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www.positiveactivities.org